

LOMA LINDA UNIVERSITY

# PARTICIPANTS NEEDED

Melatonin Adolescent Research Study (MARS)



## LOOKING FOR:

- Adolescents ages 13-17 and their parent/legal guardian
- Adolescents with self-reported sleep difficulties (i.e., difficulty falling asleep, staying asleep, waking up)
- Adolescents who have not tried melatonin supplements for sleep difficulties

## DETAILS:

- Researchers are interested in understanding whether and how melatonin supplementation impacts adolescents' sleep, biological circadian rhythm, and daytime functioning
- 5-week study procedure during the academic year; 3 in-person office visits
- Monetary compensation is available



**FOR MORE INFORMATION/RECRUITMENT  
SCAN THE QR CODE**

For additional questions, email Dr. Tori Van Dyk at [tvandyk@llu.edu](mailto:tvandyk@llu.edu) or call (909)-558-7412